

# Sharbat e Khakeshir

Sharbat e Khakeshir is a sweet, refreshing Persian drink, typically served ice-cold during the summer, to welcome guests. Khakeshir – also called flixweed, *descurainia sophia* seed, or tansy mustard – is widely available at Persian food stores. These small brown seeds are rich in fibre, protein, vitamins and minerals.

-  30 minutes (preparation required a few hours before)
-  Difficulty level: 2/5
-  4 people
-  Vegan friendly



## Ingredients

- ½ cup sugar
- ½ cup rosewater
- 1 lemon, juiced
- 3 tbsp khakeshir†
- 6 tbsp saffron infusion
- Ice cubes
- 2 cups water

### Saffron infusion

- 100mg pure saffron (around 20 threads)
- 1 tsp sugar
- 1 ½ cups boiling water

## Method

### Saffron infusion

**TIP:** Prepare the saffron infusion a few hours ahead of time, giving the saffron time to bloom.

1. Pound the saffron in a mortar and pestle until the threads are thoroughly broken up. Then add a teaspoon sugar, and grind into a fine powder.
2. Brush all the saffron in a small saucepan with 1 ½ cups of water. As soon as it boils, remove from the heat. When the mixture has cooled, transfer into a small jug.

### Sharbat e Khakeshir

1. Soak the khakeshir for 20 minutes in ½ cup water.
2. Combine the sugar with 1 cup of water and 6 tablespoons saffron infusion in a saucepan. Quickly bring to the boil while stirring for one minute, to dissolve the sugar. Then take the saucepan off the heat and let the mixture cool. Juice the lemon.
3. Once the mixture is cool, transfer to a jug for serving. Add the khakeshir, along with the water it's been soaking in. Stir in rosewater, lemon juice, and water. If you prefer a less sweet beverage, use more water to dilute to your liking.
4. Serve chilled, with a handful of ice cubes if desired.